HOW COVID-19 AFFECTS LIFESTYLE

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COVID-19 crisis has fundamentally changed many things. It affects the lives of people, they either sick or being killed by pandemic. The new disease affects human for the first time. This virus brings common symptoms like fever, cold, dry cough, bone pain and breathing problems. COVID-19 disease affects thousands of peoples in terms of financial and lack of job. This pandemic gives us extensive precautions such as hygiene protocol like regularly washing of hands, no to face to face interaction, always wearing a mask and face shield, social distancing and avoid social gatherings. Lockdown and other restriction imposed on economy and society. Had a serious implication on mental health, resulting in psychological including frustration, stress and depression so many countries give strict quarantine to control the spread of Corona Virus.

Pandemic makes our economy disrupt the supply of products, losses national and International business. Changes in cash flow in the market and slowly revenue growth. COVID-19 crisis in food security, public health and employment and labor issues brings people to poverty.

Pandemic makes our social cancelled or postponed all large sports or tournament. Avoid or cancelled travelling of service. Closure of hotels, restaurants, resorts, churches, cinemas, sports club, gymnasium that made people feel boring in their way of life.

Pandemic also affects our way of education. The closure of schools, and universities not only interrupts the teachings for students but also to affects the key assessment period and exams been postponed or cancelled. School is the best tool to raise skills of students. School can be fun and improved the social skills and awareness. Going school increase the child’s ability, knowledge and talents. Losing of our traditional
education affects both high potential and learning difficulties and also have harmful long-
term consequences for the child.

This COVID-19 pandemic brings positive and negative impacts on different aspects of our lifestyle behaviors. It continues to pose significant challenges to nation. Our government mitigate the spread of COVID-19 through stay-at-home strategies and maintaining social distancing. Our traditional to hug each other, kiss everyone who you close like friends, family and so on changed so fast.

COVID-19 affects everything that all people prayed and still praying to stop this pandemic to make our world back to peaceful and healthy environment. Healthy people, healthy work and lifestyle.

Let’s all cooperate to stop this kind of PANDEMIC.

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